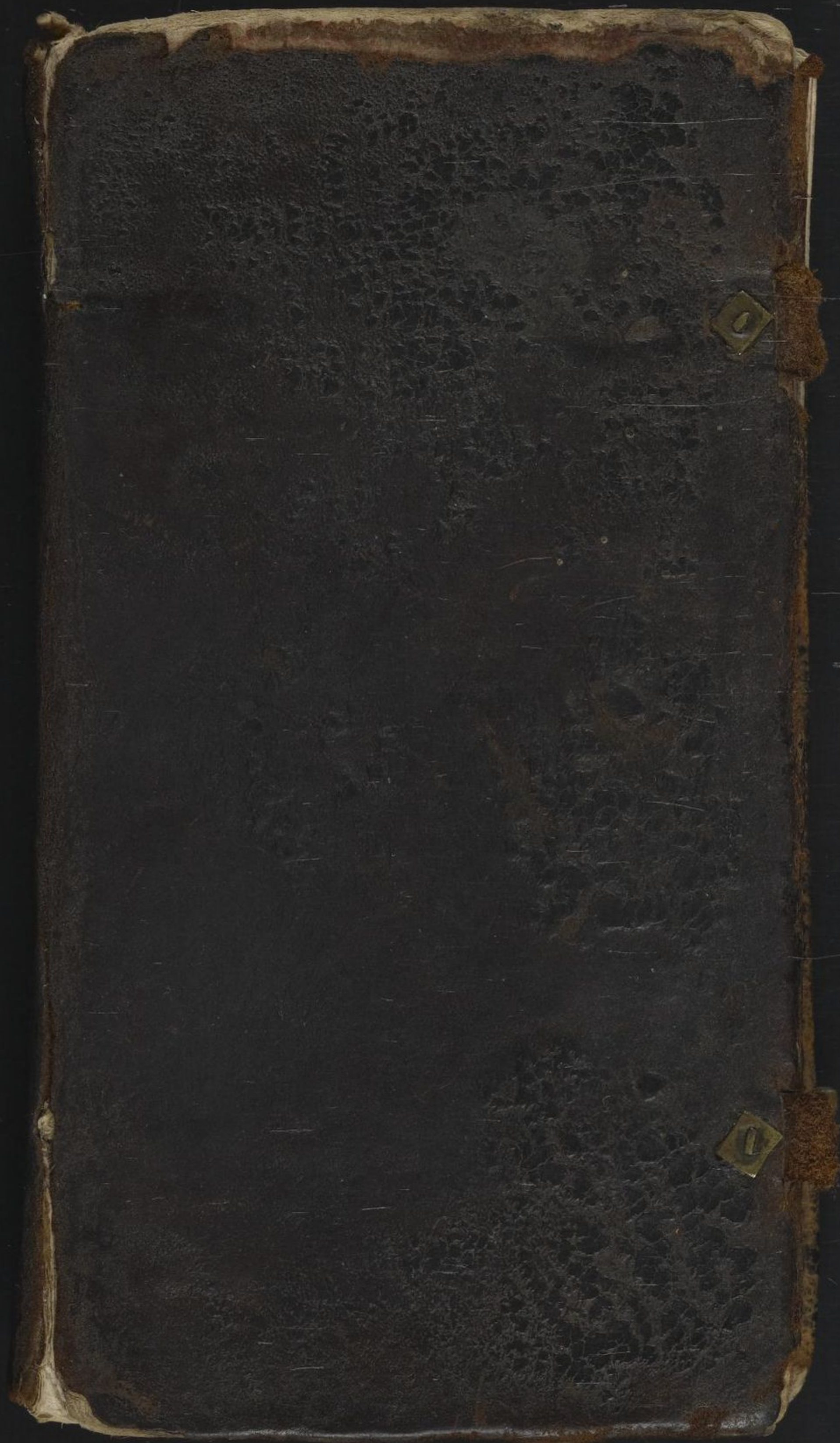






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To make y^e Snaille Water
for a Consumption.

Take a peck of garden gray
snails, and (when you have
heated an Oven as hot as for
small manchet, & swept it
cleane) put in y^e snails keep-
-ing them stirring, till they have
o^uer hissing. Then take
them out, and lay them thin
to coole, & when they are cold,
pound them in a mortar: Take
also a quart of earth-worms,
and scoure them with Salt, and
then slitt them, & wash them in
beere and so dry them: Take of
hartshorn six ounces, of cloves
three ounces, a quart of Rose-
-mary flowers, of marigold
flowers, and Cowslip flowers
of each two handfulls: of Ge-
-landine, Anagelica, y^e yellow
rind of barberry bark, betony,
wood-sorrell Corimony, of each
two handfulls: of dried Saffron
y^e weight of one shilling: put all
these things into six gallons

If new all, working them
together & so distilling them
in^s a Limbeck. But it will
be the better, if there be
added two or three quarts
of the spirit of Ale, when
it is put into y^e Limbeck.

If it be for y^e Jaundies,
you must adde thereunto
Sennygreeke, & turmerick
of each 2 Ounces: Of beavis-
foot, & Rue of each one
handfull, a quart of goose
dung, & a pint of sheeps
dung.

Delight for
Ladys
R. S.

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THE
DELIGHTS
FOR
LADYS

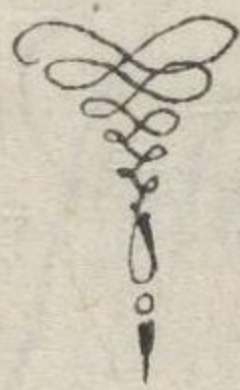
to

*Adorne thre Parsons
Beautyes*

Stillyris Banguits

Perfumes & ss.

Wators ss.



16 55

THE
DELIGHTS
FOR
LADYS

to
beorne there persons
beauties

Williamis Barchinensis
Sapientia &c

Ms. Codex 627

a presumption. to disturbe y^r attractive
Eloquence to admit ~~it~~ a logging in
y^r study, but since my endeavors
cannot like such Delights as may
deserve your esteeme, be please
but to forgive my fault, & I shall
acknolig the happines too great
to him that prayes for your Eter-
nall felicity. and remanes M^{rs}

The hum^{il}
of all y^r excommunicat^{ed}
Servants
For ever

Jose: Court

THE
DELIGHTS
FOR
LADYS

to
beorne there Treasures
Beauties

William Brouncker
Proprietor

Ms. Codex 627

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a presumption. to disturbe y^r attractive
Eloquence to admit ~~it~~ a logging in
y^r study, but since my endeavors
cannot like such Delights as may
deserve your esteeme, be pleas'd
but to forgive my fault, & I shall
acknowledge the happiness too great
to him that prays for your Eter-
nall felicitie. and remains M^{rs}

The hum^{il}
of all y^r excommunicat^d
Servants
For ever

Jose: Court

in a proportion to the number of
persons to whom it is applied
the more it is used the more
it is found to be of service
in the cure of the disease
and the more it is used the
more it is found to be of service
in the cure of the disease

The
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The

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The

The Contents of this booke

A swete water	1
for wind in the stomach. the greener Powder	2
To make. Cleare Cakes of oran gic & Lemmons	2
* The best way to make a fillibub	3
To make spirit of carroway	3
To make Jynture of strabers yes which is uery cordyall	4
To make spirit of Clary	6
To make Bener Cakes	7
To make the snow fillibub	7
To make jessivy & mulbery cre ^{me}	8
To make spannish. pap	9
To make goosbery Cream	9
To make maccarouns of uolen tia almonds	10
To make biskits	12
To dry Aprecoke	13
To make orring water	14
To make Aquemara bilis	16
The uertue of this water	17

An excellent wate. for a consumption	18
A cordiall for a forfit	19
An excellent water against any infectious Disease.	20
To make Cloinamon water	21
To preserve quince white	22
To make Juice of liquorish	22
To perfume leather	24
To make the water of life	25
The vertue of this water	26
To make a cake my Lady of oxfords way	27
To make a lemon sallit	28
To make Cheese Cakes	28
To make pestilles of barbaries	29
To boyle a capon with Leanes	31
To fricasie a chicken or Rabbit	32
To make yuff. Pastes	32
To wash Glooves	33
To make poppy Water	34
To make a possit with 18 Coards a preserve tue against the Plague	35
To make a sweete water	37

To make Kindney of Quinies	37
To make an excellent sweete bagg	39
To Preserve Quinies to bake all the ycare.	41
To Preserve orringes	42
To make conserve of Barberries	43
To candy the Cleare Candy	44
To Candy Ringoe Roots	45
To make makroones	45
To make Italian Biskits	46
To make Lippine Cakes	47
For one that is in a confusion	48
To Preserve Grapes	49
To Pickle semprey	50
To preserve black Plumes	50
To Preserve Damask Roses	52
To make Tenger bread	55
To make a precock Cakes	55
To make water in peryall	56
A Julipp for a cold	57
To make Lucantellus Balsome	57
To make a seare Cloth	59
To make a Lollie for a sore ^{Breast}	60
A medecine for a cold	60

- To make a good water for sore eyes 61
Another water for sore Eyes 62
The vertue and use of the water 63
and excellent salve for sores — 65
To make a balsome to be taken 66
inwardly or outwardly — 66
the vertue and use there off 67
To make a rum potabely or dissolved
gold in. to liquor. — 69
A medicine for the wormes 70
To make a Cabbidge Creame. 71
To make Steele wine 73

This image shows a blank, aged, cream-colored page, possibly an endpaper or flyleaf from an old book. The paper has a slightly textured appearance with several dark, irregular spots and stains scattered across its surface, particularly towards the top and bottom edges. The overall tone is a warm, off-white or light beige.

[Faint, illegible handwriting, likely bleed-through from the reverse side of the page.]

[Partial view of the adjacent page on the right, showing handwritten text.]

1

THE DELIGHTS FOR LADYES

To make a sweete water.
Take a handfull of bay leaues & boyle
them in a pot of water a good whyle when
the water ~~is~~ could againe put in a
peck of Rose leues and a handfull or 2 of
lauinder a good quantety of sweete mar-
irome. and halfe an ounce of storax if y^e
will make a greate quantety of water.
Take a quarter of a th Cypresse and
putt them also together in a cloe
earthen Lott and lett them stand 2
or 3 dayes and stir them once a day when
you put them into the still take a little
cotten or wollin and put a graine of
muske into it & put it into the neck of
y^e still that the water may distill throug^h

The Delights.

2

For wind in the stomach
the queenes Powder

Take of Ginger Cynamon, and galin-
galle of each one ounce and the like
of anill seeds and fennill seeds, &
carroway seeds, and of long pepper
graines, mace and nutmeggs of each
halfe an ounce. set well a dram pow-
der all these well to geather and put
there to 2 pound of beard sugar pou-
dered, then Mix these well to geather
and take some of this ether before
or after y^r meat as you please, it
may be taken at all times it com-
forteth the stomach. maruelously-
it desoluth wind and causeth
digestion,

To make Cleare Cakes
of orrangis or lemons

Take the meat of y^r orrangis or la-
mons, quarter them taking out all
the cornelles then take the quarters
being parted from all the skinn &
beat them in a mortor, then straine
them

for Ledges

3

them into Lish till all the Lyquor be gone
into it & make them up in a stiffe candy
more then thare waight in sugar as
y^e doe others.

The Best way to make
a fillibub

Take a pint of whit wine. and a
pint of morning Creepe and a quarter
of a pound of sugar and put them in a
bason. and beat them well to geather
till it com. to a froth. then poure it into
a fillibub pots and mixe a sufficient
quantity of milke upon it then let it
stand in a coole place. till night then
eate it or you may keepe it longer for
for it growe not fower the longer you
keepe it the Clearer the Drinck will
be and the fower the Crude.

To make spirit of
Carroway

Take of carroway comfets 2^d worth put
put them in a glass bottle with a wide
mouth. and put upon them as much
spirit of wine made of Refon
wine

The Delights

wine as will cover them with one
 Dram of amber greece rub it to pow^{der}
 with as much sugar tied in a peece
 of Linnen and hanged in the glass
 with the spirit of wine and the
 confitts, let this stand in maturation
 3 monthes Close stopped and then
 the extension being ~~stopped~~ poured
 of from the seeds you have the spirit
 of Caraway.

How to make Synture
 of strawberries which is
 very cordiall and

Comfortable and m.

Generall for Coughs.

Take good red strawberries that
 are very fresh and ripe and put
 them into a silver or glass or earthen
 vessel doe not wash them but pick
 them cleave from the stalkes then
 powre upon them a good quantity of
 the spirit of sack soe that they
 may be covered with the spirit of
 sack then let them remane covered
 very

For Ledges

5

very Close that noe eare can get in.

for 2 or 3 dayes till all the Collov of the
Spirits be Com into a spirit then poure
it out into a cannie strainer and ring
out all the liquor but none of the pulpe
and if the liquor looke not very Red
then put it into the same vessell againe
and put fresh strauberries to it againe. &
use it as you did before then when y^r
liquor is strong of the berryes put it
into a glasse still and put to it some double
refined suger a bout a quartor of a pound
to every quart of liquor then set it to still
in a belnea and still for much of the spirit
as you please then take that which rema^{ins}
in the still and if it be not sweete enough
then ad more suger twot the more spirit
you still the milder it will bee the spirit
that you still from it will serve againe
other for the same use or any other you
may take it when you please and as
often as you will.

The Delights
To make spirit of
Clary

Take a great quantity of Clary
flowers and beat them in a stro-
ng mortar then thrust them close
into an earthen Pot and cover it
close and soe let it stand 3 or 4
dayes then put them into a glass
still. and still out ~~the water~~
~~out~~ the water and fill
y^r still soe often. as till you have
stilled out a pottle of water;—
then put that water into a
glasse still. and still out of that
water 3 pints of water then
take y^e 3 pints of water and put
it into the still againe. and still
out of it a quart. then put to
that quart of water halfe a pint
of the spirit of sacke if y^e thinck
it will be too strong and hot;
then putt lesser spirit to it or as
much double refined suger as
will make it pleasant to y^r tast
and

For Ladies 7
and a little muske and amber greece.
this is very good cordiall water to take
upon any acation.

To make beane
Cakes

Take round wafers redy made then
take a pound of almonde & slice them
in thin slices then take halfe a lb of double
refined suger finely sered & put them
into a dish to geather with a spoonfull
of Rose water and stir them well to
geather then take the whit of an egge
and beat it well and to a spoonfull of
that put in some muske. and amber greece
and if y^e please you may put in some
carroway seeds then lay them upon
your wafers and bake them in a pretty
hot oven, but not browne.

To make y^e snow pillibull

Take a pint of rennisk wine or very
good whit wine and a quart of sweete
Creame put them into a great broad
earthen pan and season it with suger
and put a sprigg of rose marry in.

The Delights

Take payre a lemon. and put in both
 Lemon and gill then mingle all
 to geather and take a birch rodd
 pilled and beat it uery well then
 as the froth riseth take it up
 with a spoone, glice or siluer ladle
 with holes and put into y^r jely but
 pot as fast as it riseth untill your
 pot be full,

To make Roperis
 and mull berry

Creame

Take new thick Creame and boyle
 it with a uery little mace, y^e Sugre of
 almonds, which hath beane beaten
 with a uery little Rose water or
 clea insted of almonds the whites
 of 3 eggs well beaten and some
 suger keep it stirring one way
 after the almonds or eggs be in &
 let it boyle untill you thinck it
 bee enough then straine it ether
 in whit or red vesses to y^r tast
 and let it boyle noe more but beat
 it with a woden spatter till it be coold to
 Dish.

For Ledges
To make Spanish
Pape

9

Take good Creame boyle there in
whole mace then take out the mace, &
and sift or shake in flower of rice while
one stirs the Creames and let it boyle
keeping it stirring, season it with
sugers and when it is almost enough.
(if you like) color it with a very
little saffron. and season it with sug^{or}
and when it is well boyled put it
in. Dish it and serve it in coule,
or if you like ~~there~~^{you} way put there in
the yolks of eggs and a little Rose
water if it be made thick enough
you may slice or cut it as you please

To make gooseberry
Creams.

Take Creame that will boyle
well. then put in the yolkes of 2
eggs and one whit and some suger,
boyle it a pretty while then have gre^{ne}
gooseberries Redd scalded very tender
and with a spoone Rub them through
a

The Delights

a collinder into the Creame and let
it boyle a while ~~then leave greene~~
and farue it up to eat could y^u
must put in somany goosberges as
to make it thick

To make maccarons
of valentia Almonds

Take one pound of blanched al-
monds and beat them in a marble
mortor with a woden pestill and in
beating of them now and then
a bout 12 times drop into them
a spoonfull of red Rose water and
and when they are small beaten
put into them one ^{lb} of fine suger
well beater & searfed then take
one graine of muske. and a little
amber greece or siuit and dissolve
it in a little Red rose water
and mingled well a mongst it
then take up y^r past into a faire
Siluer or powder Dish and bread
it with a spoone all over the
Dish and set it in an oven
when

For Ladies

11

When y^r bread is new Drawne &
 when it dries and begins to looke
 white upon the topp then stirr it
 & spread it againe and soe use it halfe
 a dozen times and within one halfe
 quarter of an howre it will bee drye
 enough then take the whits of halfe
 a ~~dozen~~ new layd eggs and straine
 them through a fine Cloth and beat
 them a little and then mingle them
 with the almonds & suger & soe
 with a little slice lay them upon
 a sheete of pure whit paper & set
 them in the oven, the oven being
 then in the same temper it was in
 when bread was newly Drawne out
 of it, and lay under them for feare
 of burning some plate or some such
 thing and soe bake them and keep
 them for y^r use in some cobbard
 or some box not farr from the
 fire.

The Delights How to make Biskits

Take a lb of the fyrist and whitest wheat flower you can get, very well dried in an oven and take a lb and a quarter of very fine sugar beaten and forced mingle y^r flower and sugar together then take the yolkes of 12 eggs and the whites of 6 and 5 spoonfull of Red Rose water beat the egges and Rose water together very well in a ston mortar together or a wooden bowle then shake the flower and sugar together to gather into the eggs you must beat them together the space of 5 houers a little before they are beaten enough put into them an ounce of ^{any} clove and colyander seeds butter y^r plates and poure them in then take a little flower and sugar in a fine taffeny and strow upon them, let y^r oven be of a very good

good heate and let them stand -
halfe an houre. then take them
out and if thay be not drye enough
put them in againe. and let them
stand a little longer and keepe
them by the fire in a box.

How to Drye Apricocks

Take of the fairest and smoothest
Apricocks that be first ripe, being
nether too ripe, nor too greene
take out the stones and wase them
set a scellit of water on the fire -
and when it is warme put in your
apricocks and let it stand on a gentle
fire y^e water may be a little

more then scalding hot and soe let
y^e apriocokes remane there till
thay be very tender & soft yet
unbroken then take them out of
the water and lay them on a cleane

Cloth. then take for every pound
of apriocokes a pound of good heand
suger and put to every lb of suger
2 Spoonfulls of water then set it
on

The Delights

on the fyre and make it fettle
 as soone as you can. and when y^e
 haue skimed & that it comes to
 a syrop, take it from y^e fyre &
 when it is almost Cooled put in
 y^e appecokes, and let them be in
 in some vessell where they may
 ly one by one and let them ly in y^e
 syrop till y^e fee them thoroughly
 soaked and doe sturck in the sy^{ke}
 syrop you must torne them
 twice or thrice a day when they
 be thus thoroughly soaked set them
 on the fyre and let them haue
 two walmes skiming them betw^{ixt}
 euery walmes then take them
 from the fyre and put them in
 the vessell they was formerly in
 and let them ly in it a gaine a day
 or a night sometimes torning them
 then take them out of ~~it~~ the ^{op} ~~sy~~
 as Cheare as you can, scraping it
 away with y^e kniffe then lay
 them round about the busnes
 of

15

For Ladys
of a glass plate and soe let them stand
and drayne and when you see that
the plate is wet with the sirrop then
lay them on a cleane plate and turne
them on the other side of the a pre-
cocks then on a cleane plate being
shifted soe oft that all the sirrop
may be drayned out from them then
lay them on a drye plate and set them
in a sto shifting them often with ma
drye plates turning them soe oft
as thay yett any sirrop then let
them lye till one side be dryed &
then turne them on the other side
if thay be well tended with fire
& often shifted with cleane plates
they will bee drye enough to put
into boxes within 3 or 4 dayes after
they have bene set in the stone

To make Orreng
Water

Take a galland of mallowe
sack and 20 good oranges &
pare them thin that none
of

of the white appeare then put
 them into the sack and let them
 steepe therein 24 howres then
 put the sack and oving pille
 to geather into your still with
 a soft fire in a glasse still, this
~~may be~~ over a limbeck and
 put sugar candey in the glasse
 which you set under the still
 this may be don with Lemmons
 or citrons you must keepe y^e
 fire running by it selfe

To make aque mirabilis
 Take Gallin gales Cloues mace
 ginger nutmeggs, melilot
 cardipon of each 2 drames -
 of the Juice of sallindine one
 pint and mingle all these well
 made into powder with the sayd
 Juice and with a pint of aqua -
 Composita and 3 pints of good
 whit wine and put all these to
 geather into a stillitory of glasse
 and let it stand for all night
 and

and on the morrow still it with
 as easy a fyre as can bee, in the sum^{er}
 take of this water euery weeke, one
 Spoonfull. in the winter two
 if you please, you may put 3 dram^{es}
 of euery one of these druggs to
~~quell~~ a boue named

The uertuse of this water is,
 many it doth dispose the lungs
 being wounded & perrished it
 equely healeth. and composeth. &
 it suffereth not the blood to putrefy
 but the same it greatly increaseth. it
 almost, you shall neuer need to be let
 blood it suffereth not the heart to be
 malinolly nor fleame to be left up, it
 expelleth vume. and comforteth the
 stomack. and conserueth youth. in
 its one rate helpeth the memory &
 destroyeth the palsey use the quantity
 of a Spoonfull twice a weeke. fasting
 and in winter more,

An excellent water
for a consumption.

Take a red Cock pull him a-
live then ^{kill} him when hee is almost
Could cut him a broad the back
and take out his intriller and
^{wash} them but leue in the stones then
cut him in quortons and breake
ye bones put him into a still you
still rose water, with a pottle of
sacke, and a pound of corvane,
a pound of reſone of the funn.
stoned, a quortor of a pound of
dates, cut small, with the stones
taken out, 2 handfull of pem-
pernil. one handfull of rose mary
one handfull of wilde time
2 handfull of orgats 2 handfull
of bug laſſe, and borragge, a pottle
of new milcke, of a red Cow, still this
with a ſoft fyre. put into the glaſſ
that the water both. Drop in a quor-
tor of a lb of white ſuger candy
beate

beaten. small. halfe a booke of
 leafe golde. cut small amongst. the y^e
 suger + graines of amber greece. 10
 graines of prepared perle. you must
 mingle the strong water with the
 small and drinck 2 spoonfull. at
 a time. in the morning fasting and
 an houre before supper. you must
 shake about the bottle. when
 you drinck it.

A Cordiall for a sorfite. +

Take rosemary fennill. hyssop
 time sage. horehound of each a
 handfull. pennyroll. mint mar-
 jarom. of each six Croppes m-
 nula Compane sliced licorice &
 Orised any seeds of each. 2 ounces
 put all these into 3 gallons of ale
 very strong and distill it in
 a limbecke. stopping it close with
 paste and soe keepe it for
 y^r use.

An excellent water against
 any infections & disease, as
 plague pox measles, pesti-
 lence or burning fevers a
 gainst any venemous matter
 in the stomach good after
 a fiskeite or Convulsion
 fits or windy matter
 in the stomach.

Take sage, fallondine, rue,
 rosemary wormwood the herb rosa-
 solis mugwort pimpernell dragons
 scabions Agrimony balme scordium
 Carduus bettony flowers and leaves
 of each of all these a good handfull
 then take the roots of tormentill
 angelica elicumpany piony
 setwell liquorish of each halfe an
 ounce being all cleane scraped
 and breised wash all the herbs
 and take them drye in a linnen
 cloth shred them as for pottig
 then put them and the roots
 into

in to a gallon of the best white
 wine and let them steep in a well
 washed butter pot covered close 2
 dayes and 2 nights then distill them
 in an ordinary still. (not a limbeck)
 with a soft fyre and past up the egges
 of the still, of the first running take
 a pint then a quart then take a pint
 more which is fittest for Children.
 there will come a pint more which
 is good to mix with metydate
 of the strongist 2 spoonfull at a time
 is sufficient and to a Child 2 spoonfull
 of the smallest it is good to stay
 without it must be given
 warme with a little sugar halfe
 an houre before meat.

To make Cinamon water
 Take 2 gallonds of sack halfe a
 lb of Cinamon one lb of Rithim
 sugar an handfull of rosemary
 flowers steep them 48 houre
 and soe still them in a limbeck

To preserve Quinces
Whites

Take y^r faire, large quinces with
out ether spot or staine. or bruise
and pare them and Core them.
the take the weight indoble refined
suger and put y^r quinces in to a
little skellit which will hold but
one quince at a time and put y^e
quince and the suger in to geather
with as much spring water as will
fill the skellit almost full then
boyle it upon a quick fyre very
fast till it be boyled very tender
keepe them in thare one sirrop

To Make Juice
of lycorish.

Take inglish lycuorish and serape.
it very Cleane then bruse it with
a hammore Cut it into small
peece to a pound of lycuorish
thus brewed but a quart of hyssop
water let them stoe to geather in
an earthen pot 24 houres then
pull.

pull the lycorish. into small strings,
 and lay it ⁱⁿ Jacke 2 dayes more, then
 straine out the liquorish. and boyle
 it a good while, stir it often, then put
 in halfe a lb of suger candey or loofe
 suger; finely beaten, 4 graines of amber
 greece, as much of muske, bruse them
 small with a little of the suger, then
 boyle all to geather, put in 3 or 4 drops
 of the oyle of annill seeds, soe boyle all
 to geather till it begin to be thick
 still having a care it borne not; then
 put it out into a glass plate. And make
 it into rough rowles and set it in
 a drying place. till it be stiff that
 you may worke it out into long rowles
 then cut them into the length of barks
 Cornea and soe lay them one the
 plate againe if it be needefull strow
 some suger on the plate to prevent
 sticking to the plate. and soe dry
 them still if there be neede, if
 they should be too drye the heat of
 the fyre will soften them.

To Perfume Leather.

Take good Leather Glooves well washed and prepared then take fountaine water and dip them in it, after ring them drye then with a stick for the purpose put them a drying in the shade and when they are drye wash them with this composition for 6 pare of glooves take halfe an ounce of ben semiamin and a quorto of an ounce of storwax, calla mi the weight of a crowne of hipparis Calla ma, stromatilla, as much, and grind it all upon a marble with Rose water, added thereto the 16 part of a pot of Rose water more and put it into a vessell then wash your glooves over with it 3 times, if you woulde have it better added thereto a little muske a grane or 2 of amber ^{grace} and one ^{grane} of Cinitt or if you will of eather or nether, for.

For it will be a good swell without
 them, but if you doe use them you
 must grind them upon a paviours stone
 with Rose water; and ~~soe rub it on~~
~~with a peece of sponge~~ and as much
 gum dragon as a small nut which
 hath beene first dissolved in rose
 water; and soe rub it on with a peece
 of sponge upon your glooves but you
 must put on noe more but that y^r
 stuffe may hold out for 6 pare
 of glooves if you don this rite it is
 a most excellent perfume and
 wright spannish;

To make a water of ~~life~~
 walnuts which for
 ye vertue thereof is
 called the water
 of Life

Take walnuts in the begining
 of June and beate them in
 a mortor and still them & keepe
 that water by it selfe then
 then make a second water

water the walnuts beeing
gathered at midsummer and
use that as you did the other
and keepe that alsoe by it selfe
then make a third water as
befor the walnuts being ga-
thered a bout a fortnight after
midsummer and keep that
alsoe severall, then take a pint
of each of these waters and put
them to geather and distill —
them in a stillitory of glass &
and keepe it very close that
noe eare get in nor out,

The vertue of this
Water.

It will heale all man nor of drops^{is}
if it be druncke with wine fasting
it is alsoe good for the eyes if
you put a drop therein it is good
alsoe to helpe conception if a
woman drink it moderately
one spoonfull in wine once a
day, it will alsoe make one
to

27
to haue a fire skinn, if it be washed
therewith, it is alsoe good for byles
and wounds, if they be washed there
with, it will diffroy dead flesh
and in creese good, it is good for all
infirmetyes in the body and draw^{eth} u
forth all corruption. if it be moderately
taken. with wine, or water, it will
Kill the worms in the body who
soe ever enseth. this water shall
liue as long as nature can conte-
nue alsoe it hath an excellent
property in makeing wine good
which is tornd if you put a
little of this amongst it

How to make a Cake

my Lady oxforde way

Take a peck of fine flower mingle
it well with 2^{lb} and a halfe of butter
then take a quart of Creeme halfe a
pint of sack and make a positt with
the Creeme pees out first into the
flower. put a pint of good Ale. yeeft,
(or barme) and the yolkes of 12 egges
and

and the whites of 2 of the same eggs
 then put y^r possett into the flower sea=
 son it with one ounce of nutmeggs
 as much sinamon. as much ginger &
 as much mace, and a little before
 you put it into the oven mingle
 it with 10th of Corvans and a lb of
 heard sugar mingled in the
 corvones,

How to make a
 Lemmon sallet
 Cut the lemmons and take out y^e
 meate. and slice them then put
 them into a pott of hot scalding
 liquor and after take some water
 and a little vinegar and sugar
 and some of that Juice of
 lemons and make a syrop of it
 and boyle them in it and soe put
 them up into a pot,

How to make Cheesakes
 Take one pottle of strappines &
 one quart of Creeme put these
 to geather like a cheefe and
 with.

With a small quantity of runnett &
 and when it is come take it and press it
 it in a Cloth untill the whey bee extra^{ct}
 then take a little sweete butter and rub
 the cord untill it be tender take also
 nutmeggs suger and Corvone mix these
 to geather with a little Creame
 as for your Crusts make it as you
 doe y^r finist suger Cakes when you
 put y^r Cheese Cakes into the oven
 take away the oven stone during
 the time that they are baking
 before that y^r oven be hot and
 quick and let there be alike quan-
 tity of butter upon every Cheese cake
~~to make Tarts~~

To make pastilles
 of barberries
 Strip a good quantity of barberries
 from the stalkes put them into the
 ether of silver or earth without
 any liquor set that pot into a skillett
 of water and let it boyle till the bar-
 berries be tender then rubb them
 through

a thick Canis bag or strainor
 with the back of a spoone that y^e
 may gaine the pulpe very thick
 then take that pulpe put it into a
 silver porringer or Dish set it over
 a Chafing Dish of Coles but let it
 not boyle at all spread it a broad
 often with a spoone and draw it
 to geather a gaine till it be
 of a Reasonable thicknesse
 take a^{tt} or halfe a^{tt} of suger beat
 it and searce it then put it
 into a stone mortor ~~nowhere~~
 and put to it as much p^{ys}e
 of barbares as will beat it up
 to a pritty stiff paist you may
 if you please gring a little amber
 and mingle with the forced suger
 before you beat it up to a past
 then Roule out the past to
 what thicknesse you thinck fit
 then cut them out with y^e rings
 and lay them a good distance
 from the fyre to drye then put
 them

31
them up in boxes with papers
betwene them and keepe them
drye neare the fyre.

To boyle a Capon with Leare.

First take y^r Capon. and boyle
him by him selfe. then take a pint
of sack. and and the quortors of 3
pippins a good handfull of suger
with a blade or two of mace. &
boyle them all to geather. then
take some skivvits and some cheff
nuts boyle them ~~all to geather~~
and pill them. then put them
into the Leare. and boyle them
in it a quortor of an houre. before
you take it off when you have ta-
ken it off the fyre give it Collov
with the yolke of an egge &
a good little drane butter. In dish
your Capon upon fippetts and
put the leare uppon him.

To fricasie a chicken,
or rabbit.

Take a chicking and feate it
or Caise it, and put it into a fry
ing pan: with halfe a pint of
strong broth or faire water
a peece of butter with a little
whole ~~me~~ pepper and mace
and boyle them well upon the
fire till y^r Chicken be tender
then make a leane of uiriyee
and minced pacleys and y^e
yolkes of 2 eggs & and a little
drawne butter then put it
into the frying pan keeping
y^r pan with shaking over
the fyre till it bee thick then
dish it up strowing thereon
a little minced parsley,
how to make Puff

Paste

Take a lb of butter worke it
and wgh it to take out the
Salt.

salt then drye it on a cloth then
 make a ^{lb} of paste of faire water
 and flowre and halfe the whit of
 an egge when you have don soe roule
 it out into a sheete. then lay on some
 of your butter all ouer it. then roule
 it up and pin it out againe. soe of-
 ten as all your butter be vought in
 if your butter be soft make y^r
 paste carding to it soft or hard before
 before you take all wayes & much
 butter as paste.

To wash Glooues

Take a pretty quantity of the
 mosse of an apple tree an ounce
 of beniamin. 3 quarters of an
 ounce of Storax. and grind it on
 a stone with Rose water then put
 to it a quart of Rose water for
 to wash your glooues and Rub them
 then for y^r ground take halfe an
 ounce of agdes of benadje gum Dragon
 steep it in the rose water then
 take

then take 2 graines of muske. &
 one grane of seuit, 2 granes of
 ambrogreece. and halfe an ounce
 of oyle of bendye. then perfume y^e
 gloves, to make it Richerred
 as you please to your muske. &
 ambergreece equally and halfe so
 much seuit, and lessen the orde
 navy ingredience, much spirit
 of Rose and oyle of bendy is
 excellent ether for wh it gloves
 or colored

How to make poppy Water

Take 3 gallons of strong ale
 or beere 2 handfulls of worme-
 wood one hand full of sage one
 hand full of bane one handfull
 of Rosemary flowers, of colander
 seeds Carroway seeds any seeds
 of each halfe a^{lb} of sweate Fenell
 a quorter of a^{lb} of lycorish a
 quorter of a^{lb} of gallingell an ounce
 a^{lb} of Resons of the sun stoned,
 all

all these must be infused together
 north ale or sack 20 fowre howe^{er} it
 soe stilled after it is stild infuse
 in a quart of the water 2 handfulls
 of Red poppy halfe an ounce
 of cinnamon, a quarto of an ounce
 of mace, 20 dates 2 ounces of
 white sugar Candey 2 grains
 of ambor greece, and a graine of
 muske.

How to make a possett
 with 18 Cords

First take milke, a little rose m^{ilk}
 3 or 4 spoonfulls of Clarrit wine
 3 or 4 whites of eggs and as many
 yolkes beaten well with Cold
 water. boyle the wine upon a
 chafin dish and put thereto by
 degrees the milke.

A preservative against the
 plague.

Take 3 pints of malmeelay
 and of sugar and Rue. of each
 one.

one handfull boyle them to
 geather untill a pint be ~~wast~~
 ed wasted then straine it and
 set it on the fyre againe put
 there to a peniworth of Longe
 pepper halfe an ounce of ginger
 and a quarter of an ounce of
 nutmeggs all beaten to powder
 to geather but not too small
 let it boyle a little and put
 there unto 4 penny worth of
 madridate 2 pennyworth of
 treacle a quortor of a pint
 of good angelica water or
 good aquavite

Keepe this as best a bone all
 worldly treasures take of this
 warme every morning fas-
 ting 2 spoonfulls if infected
 and one spoonfull at evening
 if not infected halfe a good
 spoonfull warme fasting is
 enough all the plague time
 trust to this faith my author
 for

for there was neuer any that this
deceaued if his heart was not
mortefyd before.

To make a sweete
Water

Take Lavinder one handfull.
and a halfe of the Cleane flowers
of it, instead of Rose leues take
Dammask rose water halfe a pint
and keepe them all to gether
with the powder ~~of it~~ that is sent
in 4 pints of running water
3 dayes then distill it and when
you have distilled it set it in the
sunne 3 dayes being Close stoped
in a glasse and then reserve it
for y^r use if you put to it a graine
of muske it will be better,

To make rinddany
of Quinces

Take the liquor that cometh
from the baked quinces and take ap-
ples and Cutt them in small peeces
and put to them soe much water
as

as will cover them. leaving out the
 cores of the apples and put to
 every pint of liquor halfe a lb
 of suger then boyle them till
 they bee very tender and doe
 juke in the water. and then wa-
 ter strong of the apples then
 straine it through a fine
 Cloth and put some of the
 liquor of the quinces and
 some of the liquor of the ap-
 ples together and boyle
 them till it will ly on the
 back of a spoone like a
 quaking Jelly then poure
 it into your mouth being
 wet before. and when it is
 almost cold & loose it a-
 bout with y^r knife and
 turne it upon a wet tren-
 cher; soe put it into a
 box and keepe it all the
 yeare.

To make an excellent
Sweete Lagg

Take Benjamin 2 ounces
storax 2 ounces and put them
being first beaten small into
halfe a pint of Rose water with
24 Cloues then set it on the
fyer and let it boyle one ^{hour} quor
of an houre then take it off
and take some of that water
and put to it a penny worth of
gum dragon. and let it stand
till the next morning then
take orras of starenie the whitest
and hardest 2 lb of Cypress woods
one lb of calamuf aromaticus one
quorter of a pound of gallin gall
one quorter of a pound of sweete
marie some 2 ounces of Cloues
1 quorter of a lb, beat all these
to powder then take halfe a lb of
Red Rose leaves dyed a quorter
of a lb of Cloues cut small put
them.

them to the other now done then.
 take the stuff which was
 boyled & sprinkle some of the
 water in the powder then
 take the residue which will
 be clotted to gather and rubb
 it betweene your hands as small
 as you can then mingle it
 with the other powder &
 put thereto halfe a lb of
 strong sanders and
 mix them well to geather
 with y^r hand then sift them
 through a coarce fine sieve
 & beat them greatist piece
 a garne like unto the other
 when all these are in redenis
 then take y^r gum that lay
 in steepe all night which
 if it be stepped sufficiently
 will thicke like
 starch and lay them upon
 a grinding stone with as much
 muske and ambrogreece as you
 will

will bestow on your bagges with
 this gum. turning them with the rong it
 side outward or rather make another
 bagg of safenet to put within your
 sweete bagg spread it all over
 untill you thinck it besofitient
 then fill y^r bagge with the powdres
 and put in now and then a handfull
 of y^r Rose Leaves Dried if you thinck
 good you may annoynt the feluage
 with a little Muscett

The way to preserve
 Quinces to keepe all
 the yeare.

Take the quinces and Core them
 and pare them. then take those pa-
 rings and some of the worst quinces
 and cut them in small peeces & seeth
 them in Condit water as much as
 you thinck will cover the quinces
 seeth it very well untill you thinck
 it hath the full strength of the quince
 and boyle the other quinces in y^e
 same

same water untill they be tender.
 and then take them out and lay
 them in platters a coling untill y^e
 thinck y^e water be enough then
 straine it into a boule or pan
 and soe let it stand untill it be
 couled and then put in y^r gum-
 m^e and that to gather in to a
 close tubb mad with a couer and
 when you use any of them take
 them out with a ladle and tou^{ch}
 no more with y^r hand then you
 must use presently,

To Preserve Crabs
 First pare of the thickest ta-
 king out the meate then wash
 them cleane and lay them in
 water 3 dayes and 3 nights
 shifting them twice a day then
 parboyle them in 2 or 3 sondry
 waters waters if y^e see cause
 that done lay them to coole one
 night and then take faire water
 with.

43

with sugar and Rose water. &
after you have cleane skimmed it
let you oranges boyle there in till
they bee as you would have them
and in the seething you may if you
will put in the powder of a nutmegg
tyed in a cloth.

For to make Conserve of
of barberries

Take y^r barberries and set them
on a Chafindish of Coales when y^e
have pulled them from the stalkes
and keepe them still stirring in y^e
dish, when you perceave they are
thoroughly hott take a spoone and
bruiſe them all to geather then straine
them and take to a pint of that liquor
a pound of sugar and almost halfe
a pint of water which you must
put into your sugar and boyle it
to a sirrop and then put in y^r sirrop
into

To Candy the leaves
Candy

Flowers fruites and spices
that are preserved and dried
and lay them upon round wires
in an earthen panne. then take
as much sugar as will fill y^e
panne. and Clarifie it with y^e
whit of an egge. then boyle it
to a candy heate. that is when
it will draine betweene y^r
fingers like a thred, then pour
y^r sirrope into a panne expeding
hott and soe. let it remaine
14 houers in a stone or oven.
then pour out that sirrope that
will runn from it and so set it
in a warme place againe
then take up y^r wire and lay y^r
fruites on a paper a little till they
bee drye. thus you may candy
oranges lemons or any other fruites,

To Candy Kingon Rootes
 Take y^e Rootes new gathered
 without Joyntes then boyle them
 in spring water til they be as ten-
 der as persippes then slit them throug^h
 the middle and pick them and fill
 them and put them into a bason of
 faire water and wash them &
 blaike them then take as much
 sugar as they weigh put to it
 halfe as much rose water soe
 boyle them til they bee dry soe
 dry soe lay them upon papers til
 they bee drye.

To make makjorner
 Take halfe a lb of allmons
 blanch them the beat them in
 a ston mortor with the white
 of 2 eggs well then free¹ gear
 with sugar to y^e fth it to
 beat a little Rose¹ from the bott¹
 a little muske or an¹ enough then
 and then dropp them on¹ a plate
 soe bake them in a wor¹ ll print
 oven.

To make Italian Biskits

Take fine forged sugar &
worke it into paste with
gum dragon steeped in
Rose water then mold it up
with a little anniseeds a little
muske and a little amber so
roule it Round as big as a
Crabb and Cut it Round like
a manchett and soe bake them
upon a pye plate and when it
is Rissen somewhat high
take it out of the oven and
Remoue it not untill it bee
Coulde for it ^{will} breake

then

will ru

in a ne

then ta

fruits

bee

47

To make Pipyn Cakes

Take your pippines that are
of the under bones and put
them in a scellitt of cold water
& Coddle them, then when they
will pill take take them upp &
pill them then set on new water
and when they be pilled put them
in to it for let them stand on a fire
fyve an hour or 2 and when they
are greene take them up and take
of all that you see greene from them
then beat them in a mortor &
strained them and if it be not fine
enough, then wry it and take
the waight in sugar for put y^r
sugar and the pild pippines to geas
ther in a scellitt and boyle it to
gather till it comes from the botto
m of y^r scellitt then it is enough then
serge some sugar and dust y^r
plate drop it out over y^r plate
in what fation you will print
them

them you must let it stand
 a while and dash it over with
 some of y^r serged sugar and soe
 print it lay it on y^r moule &
 with a little sugar doe it with
 y^r finger till it take the print
 then drye it in an ouen, or some
 other warme place and with
 in a day it will turne and whe-
 en it is drye enough keep it
 to y^r use.

For one that is in

a Consumption.
 Take the best and whitest
 tornges that you can get wash
 and scrape them very cleane
 then dry them with a cloth
 and put them in a cleane
 earthen pott without any
 sugar at all paste up y^r pott
 very close and bake them
 with house hold bread then
 press them betwene 2 tren-
 chers and saue thare liquor
 and

an quarto 49

and to every pint of it a quar-
ter of a pound of ~~bronne~~ ^{bronne} sugar
Candy set it on a chafendish of
Coles ~~in a glass~~ and let it stand
till it be a reasonable good sirrop then
straine it and keepe it in a glass
and let the party take a spoonfull
morning and evening and in the
after noone you may take more
if you will.

To Preserve Grapes
Take the Clousters of grapes
and stone them as y^e doe ~~barbaris~~
then take a little more sugar then
way them. then put in it as much
a p^{ell} water as will make a sirrop
water to couor them ~~with~~.

Boyle them as you doe cherries
as fast as you can till the sirrop
be thick, and beeing cold put
them up thus you may doe
any Gooseberries or Currones or
any other berry For

How to pickell Semprey

Take your Semprey and wash
it pick it first. then put it in
to a brass pott and to every q:^t
of whit wine uenniger take
a pint of faire water y^r pot must
bee almost full of saniper before
you put in y^r uenniger then fill
him up with the uenniger and
water then couer them with
a puter Dish which must bee
fit for the pott then past your
Dish round that noe ayre may
goe out soe let it boyle an houre
then take it from the fyre &
let it stand till it be quite.
Could soe take it up and keepe
it in glasse

To preserve Damazins or blacke Plumes

Take weight for weight
of sugar then take an earthen
pott

51

potte closer in the bottome the
better but made upwards, then put
in a lay of Plumes beat y^r sugar
fine then put in a lay of sugar.
Soe plumes & sugar till all y^r plum^{es}
be in. before you leave out the halfe
of y^r sugar to boyle y^r sirrop up
withall then couer y^r pot and past
it up close. then set a pan of water
on the fyre. when it is scalding hot
set in your plumes put in a little
straw about the bottome of your
pott neuer let the water boyle but
keepe it scalding hott keepe it for
the space of 5 or 6 howers then pull
y^r fire from under your panne
& let them stand till they bee cold
the next day open him and put forth
th your sirrop into a Cleane scellitt
and to that put the other halfe of
y^r sugar then let it boyle very
softly and skumme it let it boyle
till the sirrop will stand then put
in your plumes and let them
simber and keepe them stirring
with

with y^r spoone, when you
thinke they are boyled ~~then~~ take
them up & when they are Cooled
put the other halfe to them. &
soe keepe them,

The Preserving of
Dammaske roses
Take an earthen pipkin of a
galland if you will make so
much. let it be well glazed then
then fill him almost full of
spring water then take dam^{ask}
Roses getherd in the dew and
pull them from the stalkes
and put in as much as your
liquors will. well houlded then
set them to the fyre and when
they are through hott set them
by till the next day then warme
them againe take out all the
Roses and squeeze them betweene
2 trenchers and put the liquor
that comes from them to the
other liquor, then take as many
fresh

53

frisk Rosis as y^e did before into the
liquor soe lett them warme, and ~~put~~
them by till the next day, so Chang
them, and squeeze the rosis as before
9 times ouer x dayes, then with
a collinder, straine out all the
Rose leaues and press out there
Juice into the liquor, and then it
being Cleane from seeds and Rosis
take as many Rose buds that are
of a good bignesse as you thinck
will be as many as y^e liquor
will houlde and cut of the whits
from them, then put it into y^e
liquor and let it boyle till y^e
leaues be soe tender that they will
breake betweene y^e fingers then
take a french Crowne waight of
~~Rubarb soe lett it stand infusing~~
~~all night in the morning squeeze~~
thin sliced and ty it in a Cleane
Cloth, and put it into y^e Rosis &
liquor, to a quart you must put
a french crowne of ~~rubarb~~ so
lett

it stand infusing all night in
 the morne. squeeze the Juice of
 the renberbe wetting it in y^e
 liquor and when you thinke
 all the strength of the ruberbs
 is out, put that in the rebert
 but throw it away then take
 2 porringers of likes waight
 and put in the roses and liquor
 2 in one dish and sugar in y^e
 other dish. soe take them to
 way them. let it be of equal
 waight, then put it into y^r
 shellit and soe let it boyle
 skimming it cleane till it be
 a thick sirrop hight. which
 will not bee under 2 howers
 boyling, so when it is enough
 keepe it to your use. you may
 take a saucer. you may take
 a saucer full of this at a time
 in cake or bread and drinke
 a draught of whit wine &
 sugar after. or else take 3 or 4
 Spoonfull

Spoonfulls of posselt ale, you must
 straine it to drinck and fast 3
 howres after it; if it be for achit
 a good spoonfull is enough,

To make Tenger bread
 Take 2th of naples biskit and
 grate it and one pint of sack
 set it upon the fyre. let it boyle
 then put in your grated biskits
 and stir it till it be a paste. and
 one quortor of an ounce of seuchm
 nele well beaten and ferst and 3
 spoonfull of ferst ginger and
 when you have mingled it well
 to geather worke it up with sug^{ar}
 and make them into paste.

To make a precokes cakes
 Take y^e a precokes and way halfe
 of them with your sugare then
 pare them and stone them. &
 cut them in halfe and lay them
 in a dish and let them soften upon
 the fyre with out any liquor
 then

then take them out as they soften
and lay them upon a sheet of white
paper then take y^r sugar and
boyle it to a candey height with
faire water then put in your
aprecoke, and let them boyle till
they be stiffe then let them stand
till they be cold and make
them into Cakes and lay them
upon ~~cake~~ plates to drye,

To Make water Impericall.

Take good Red wine. and good
Muskadine any seedes liquorish figgs
and cynamon. horehound hyssop -
4 ~~thymorgan~~ thymorgan any company
Rootes emeros other wayes called
wit sage. harts tongue and madder
hegre put all these in a limbeck
and still them after the manner
of aqua vite.

A Syllipp for a Cough

Take halfe a pint of hyssop water.
 an ounce of Syrop of uiolits and one
 ounce of Syrop of maiden hewe.
 warme these hyssop water on the fyre
 blood warme that the hyssop may in-
 corporate. let the party take a spoonfull
 at a time letting it trickell Downe
 by degrees.

Lycantellus Balsom.

admirable for wounds

to be taken inwardly

Take of uenis Turpetine, one
 oyle olyue 3 pints beefe wax
 halfe a lb of naturall balsome one
 ounce oyle of S^t Johns Wort
 one ounce of Red sandars powder
 one ounce 6 spoonfulls of sack.
 Cut the wax and melt it on the
 fyre and then least it Catch the
 fyre take it off put in the turpe^{time}
 soe you hauing first washed the
 uenis torpetine 3 times in Dam-
 maske Rose water and hauing
 mingled

mingled the sallit oyle with
the sacke put alsoe the oyle to
them. and set them all on the fyre
and stir it till it begins to boyle
for if it boyle much. it will. run
over. Speedely then suffer it to cole
for a night or more untill the water
and wines be suncke all to the bottō
then make some holes in the stuff
that the water may run out of it,
which being done set it on the
fyre a gaine. puting to it the
balsome and the oyle of St
Johns wort and when it is
melted then put in the sandars
to it and stir it well that it
may incorporate. and when
it first begins to boyle. take
it of the fyre. and stir it y^e
space of 2 houres till it be
growne thick, then put it up
as most pretious for use. it
will be good 3 or 4 yeares or
more.)

To make a feare Cloth
 for any swelling or ache.
 Take a quart of the best sallit
 oyle one pound of red Leade bett
 uery finely to powder then take
 y^r oyle and set it over the fyre
 in a pan. and when it begins to
 boyle then put in the red leade
 and keepe it continewally stiring
 till it be uery black then take
 it of the fyre. and dip in your
 Clothes and let them be hung up^r
 some pole or stick 2 or 3 dayes
 till they be drye. then take them
 and smooth them upon a table
 with y^r hand then pin them up
 against some window where
 the sunn and the eare may
 goe through them within
 14 dayes they will looke uery
 yollow then take them downe &
 use them as y^e please.

To make a pottis for
a sore Brest

Take yronnes of Ale and set it
over the fyre in a panna, when it
boyles put into it a good quantety of
Rye bread grated a good quanterie
of mutton suet a good handfull
of Cammomyle as much of ground
sell, and as much. Chickinwee^{de}.
Chop all these small with the
fen it and put it into the Ale
with the browne bread let it
boyle well to geather till it
be as thick as a pudding then
apply it warme to the or to
any other swelling,

A medicine for
a Coute.

Take a handfull of worme
wood and a handfull of mint
2 spoonfull of mustord seeds
and a handfull of raisons
of

61

of the sum. stoned beat all
these to geather in a wooden
bowl. with a peece of fresh butter
till it comes to a salve. then lay
it thick on a peece of sheeps
leather plaster wise. and lay it
upon the stomach.

A good Water for
the eyes & some
sores

Take a creame pott or some
such vessell. and so many ounce
of whit petryall. as it will
houlde gallands of water. when
there is any snow take 2. or 3
good handfull of Cleare snow
put it into that pot and pat it
heerd downe. upon it gratay a
little powder of the vitriall and
for 2 handfulls of snow &
a little powder untill the pott
be full and the powder spent
then cover it with some linc
ing

62
Lining Cloth and place it
in some feller or the like -
Cooler place, & soun after the
frost and snow is gone in y^e
feete; you shall finde that
in the pott dissolved when
you have use for any of it
put some through a lining
Ragg by a tunnill into a glasse
or pot and take thence as
you shall have occasion,

A Nother way

Put an ounce of white vit-
triall and 2 qu^{ts} of pond wa^{ter},
or cleare running water
into a glasse or pott and in
winter place it in some
warmer roome for 10 dayes
or in summer in the warme
sunn for 5 or 6 dayes -
then stir it with a stick
to raise the settlings twice a
day and will be for y^r use
the longer you keepe them.

thre

63

Stronger they will be they
will staine fine linings the
for more is proppor for hat
greater this for Coult,

The next use, and
Use.

It being dropped into runa
figure eyes mornig and euen
ing will soone give ease. 2
it will take a way pearles pⁱⁿ
in the well and fellnes groweing
there and Cure bludshotton
Eyes 3^d it will Cure Ring
wormes, & letters by Rubbing
them therewith. 4th if the
Rune be in the eyes any long
time, towards bedtime cut a
peece of a red Rose Cake of
a bout 3 inches broade and 4
longe of some thickness & with
a bout 8 spoonfull of that wa-
ter into a treacle Dish and set
it upon some hot Coles
now

now and then stir it and
 torne it that the coles melt
 not the Dish, when it is
 well infused then bind it
 blood warme (the being in
 bed) over his eyes from y^e
 nose over the temples of
 his head soe let it remaine
 till morning and after few
 nights of dressing there is
 great hope of ease & by
 a peece of Rose Cake soe
 used will take a way tor-
 menting paine from the
 eyes & by it alsoe soe used
 will take away inflamations
 from sores stay humors flow-
 ing thither, it alsoe will
 cure burnes & scalds that
 are not exstremes, if the
 Rose Cakes bee shifted before
 it be neare drye & by soe used
 and layd upon a swelling
 caused by a stroke or fall
 soone.

Soone after it is done will very
quickly abate it,

An excellent salve.

For sores

Take rosin. and prosen of each.
halfe a lb vergine wax. & frankin-
sence. of each a quortor of a lb mastick
an ounce., of harts tallow a quortor
of a lb Campher 2 Drames melt
that which is to be melted
and beat that which is to be
powdered into powder that done
seve it and boyle them, save
the Campher then straine them
into a pottle of whit wine throu
a cannie cloth and soe let them
boyle to geather untill a good
part of the wine be consum
away. then take it from the fyre
and let it stand untill it be
blood warme, and then put in
℥^r Campher, and a quarter of an
ounce of uenie torpentine. soe
keepe it storing untill it be throug
Coul

Could and then beat it well from
the wine that remaneth and
worke it with y^r hands that
noe wine Remaine in it,
then make it into Rowles
on oyled paper in which it is
best to keepe it still and it
will keepe many yeares y^e
must oyle your hands before
you goe to worke or roule -
this salve, else it will
stick to them and bee tro-
blesome to get off,

To make a balsome
that may be taken
inwardly or
outwardly

Take y^e spirit of wine
as much as you please and put $\frac{m}{n}$
a glass then take salsa perilla
first Cut of the stalkes and nip
it cleane with a coarse nap-
kin then cleue them in 4 quor-
ters and cut them as long as y^r
finger

finger or if you pound it, not
 letting it touch any water it is
 better and put them to y^r spirit
 of wine. let them be in the spirit
 of wine. untill they be collored
 yollow like golde then cut it off
 and unto a quart of this spirit
 (being yollow) put 8 ounces of
 wiped Cleanes
 and beaten into powder. then
 shake it and move it till the gum
 bee dissolved put to it about a
~~bout~~ spoonfull of black indian
 balsome. spirit and mix it
 well and then keepe it for y^r
 use. note the more gum the
 coulour it is, the more balsomes
 the hotter it will bee,

The use, and
 Vertue

It Cureth the french pox
 or any disease being taken by
 the patient 2 spoonfull in a pint
 of beere inwardly morning
 and

and evening it may be given
 in helth. for it porgeth. most -
 Gently it is good physick to
 porge with at any time. &
 if it porgeth not, it turneth
 to nourishment it cureth all
 cuts wounds and bruses being
 applyed with in 24 houers
 it must be dropped into the
 Cut or wound and a lining
 Cloth or Ragg dipped in it
 and layd on the wound.
 but oulde wounds or sores
 it instantly burneth or
 maketh worse but if you
 burne a way the spier it it
 cureth all oulde sores, you
 may also mix it with
 indian balfome for it doth
 as good Cures, so long as the
 patient takes it inwardly
 you must eat noe butter chee
 uenison wine nor any kind
 of hoggs flesh and if you
 take

take it long you must know nor
 use, no uenerall act for 2 or 3
 weeks after, the way to give
 this balsome inwardly for a
 broken, weyne. is to mingle is to
 mingle it with confarue of red
 Rose is and make it into pilles
 and swallow them and drinck
 a draught of plantin water
 after it.

To make aurum.

Potabile, or dissolved
 gold into liquor that it
 neuer torne, to be a
 solid boddy ^{any} more.

Take of the oyle of Cloues, of
 uirriall & of Camphora equall
 parts and take leafe gold and
 make pillits of it and throw them
 into the mixture of oyles which
 must be in a strong glasse and
 sudainly they will make it borne
 and glowe redd, then throw in
 a nother pillit and soe continew
 till.

till you see y^t y^e oyle will dissolve
 no more gold, and it will be
 perfectly dissolved into a tress
 a rum potabile, never to returne
 into a body againe, the quantity
 to bee taken is at discretion.
 according to the severall a-
 cations, as 4, 6, 8, or 10 drops
 a time, it is good for feavours
 or aged and all disease is where
 the naturall parts heat or
 radical moisture are
 weakened, note that the
 oyle of vitriall must be of
 that which is red strong
 and come of the first dif-
 fillation and not of that which
 is whit weakened by tubillary
 twice over,

A medicine for y^e wormes
 Take barefoote elder leaves
 Row and peach tree leaves
 of each a little quantity &
 boyle them in goose grease
 straine

71

Straine it and make there of
an oylment.

To make a cabbige
Creame.

Take new milcke, the cow 4
or 5 gallons and set it over the
fire and when it is scalding hot
but not boyle then take it of the
fyre and put it out many fewer^{all}
pannes of 2 quarts a peece, &
when the milke is quoyt could
take of the creame with a dene
seam or with holes but before
take a round manchet y^e bignesse
of a penny hose and being well
chipt lay it in the bottom of y^r
dish and lay the creame upon
y^r hose then take of a nother top
cleane from the milke and so a
nother, and lay them one upon
a nother then take a vary little
Rose water with a cleane
feather and wash over the
creame lightly and strow on
a little

a little fine sugar so skinn
 y^r Creame cleane from y^e
 milke, and lay it one upon a
 nother but be sure every 4 or
 5 Creames to wash it with
 a little rose water and strow
 or sift on sugar and when y^e
 have skimmed all y^r panes —
 scald all y^r milke over again^{ne}
 and put it out into panes
 and when it is thick enough
 and could then take it
 of as you did before, and
 lay it one upon another as
 you ~~did~~ & use a little rose
 water and sugar as you
 did before, and lay it in
 Romez like a cabidge and
 with a little stick Ruffle it
 like a cabidge then scald the
 milke againe and ing then
 some cream to make the
 leues thicker and do as
 before, the milke will scald
 but

but 3 times, then haue more,
 new and Dow as you did before,
 to make it as bigg as you desire
 when y^e haue layd all y^e Cream
 like a cabbidg stick a fine branch
 of sweets bryar or rose mays
 which sends forth many sprigs
 tied with many severall colored
 Ribbins or fine flowers, rem^{ber} em
 to put out the milke hot enough
 that it may be the more

The receipt for
 the Steele wine.

Take halfe a lb of the filings
 of pure Steele put it into a
 goldsmiths pot or crucible &
 cover it very Close then set it
 in a Cleare fire till it be throug
 ly fired or glowing hot then
 quench it in 4 pints of the best
 whit wine after the wine is
 could againe & cleared pour
 the wine of from the Steele
 into a

into a nother pan then put -
 the Steele into a Crucible, a
 gaine and fyre it as before, &
 squench it in the same wine
 a gaine in the same manner -
 this doe 5 times, then put yo^r
 wine and Steele into a glass &
 ad to them of Choyce Cinamon
 lightly brewed 1 ounce. of
 cloves 2 Drames of mace.
 one scruple of y^e finest sugar
 3 ounces Close the mouth of
 the glasse very well and -
 let them stand to infuse -
 for 2 dayes then poure of
 the Cleare ^{or pure} wine into a -
 nother glass and keepe it -
 close stopped for y^r use,
 A receipt of the
 Steeles pills

To cure a Sore Mouth 75

Take Refined Alum fine
Loaf Sugar, Powdered & sift
em & add

To Cure a Sore Mouth,
Take Refined Alum fine
Loaf Sugar & sift fine an
equal quantity, Round & sift
em, & rub y^e mouth frequently

[Faint, illegible handwriting throughout the page, likely bleed-through from the reverse side.]

An approved Medifin
for the stone.

Take a gallon of new milke
of wild time, of pillitory of the,
wall, saxatrage, of philippen-
pendula, roots of each one a
handfull, of parsley 2 handfull,
and 2 or 3 horse reddish Roots
as many parsley Roots, sliced,

for consultation
bits

ring rising
roots about
the hills
recks and
let it smell
of them

79
take the powder
elks-horn and
powder of castor
the lick quant
the roots of
Sengsall pinning
dried and beaten
to a powder 3
times as much
mingled all these
together and
give as much
as will be on a
groat at a time
in 2 spoonfull
of black cherr
ty water

Scit of carter
Is good for
wind or any
rising as Isten
or mother

81
Take trochisks of
myrrhe a scruple borne
Saffron of each half
a scruple rose stons
powdered a scruple
mix all thes and
in difficult labor
give it all in 4
ounces of Rhenish
water and half
an ounce of the
spirit of Saffron

a glister for the
stone

take

[Faint, illegible handwriting]

[Faint, illegible handwriting]

[Faint, illegible handwriting]

[Faint, illegible handwriting]

[Faint, illegible handwriting]

[Faint, illegible handwriting]

[Faint, illegible handwriting on adjacent page]

for a consuming
cough

Take of colts foot

scabio herbs some

meden harts

of each a handfull

Wife paper ha

ls with the sel

on ounce legg

halfe a pound li

udwort

have no day after

with the

first of the

second of the

third of the

fourth of the

fifth of the

sixth of the

seventh of the

eighth of the

ninth of the

tenth of the

eleventh of the

twelfth of the

thirteenth of the

fourteenth of the

[Faint, illegible handwriting in the top right corner]

[Faint, illegible handwriting visible on the right edge of the page]

how to dry styve
 woks take of the
 fairest appoco
 aks that be n
 either too ripe
 nor too green
 we take out
 the stons and
 wash them wa
 y them a red
 bank for ever
 e pound of a po
 woks a pound of
 goul bark steep
 then set it on the
 e fier and let

83
is come until
your ap[er]ceives
be tender then
take them off the
fire and let the
remain in the
vessel till they
are dry then
take them out
and lay them
in plates
only one
to a plate
upon cleare
plates set them
to dry in the sun

How to dry cherys ⁹⁵

Take of the
fairest cherys
and wash them
and for ever
e pound of
cherys take on
pound of su-
ger then boi-
le them in
water till the look
e very cleare
so take them
re make in

[Faint, illegible handwriting, likely bleed-through from the reverse side of the page.]

The mail, till
 the next day
 then take the
 emons and lay
 ay the mon
 selfs body
 you may see
 the m in
 he o son and
 keepe them
 with you
 my

how to dry cor

rons. Take of the
fayrest burnish

of corons wash
them and make

for every pound
of corons take a

pound of sugar
get the stone

them and try
some for scale

of a bounce and
to bite them

til the look
clare but not

to come of the scale

then bake them
 out and hang the
 in upon sticks
 to dry

[Faint, illegible handwriting]

Take a dosen ~~of~~
half of orringes chop
them very thin &
~~put~~ the pavers
into a glas & put
to them a quart
of brandy or sack
or mixt then
tie it close up
& let it stand
a week & then
~~put~~ it into a still
or still it & so kee
it in botels &
sever it as you
take it

104

105
~~Allegre de~~
~~Seoaceee~~

Take 1 ounce of
Spiritus and 1 ounce
of Oxatrolia. Spread
them on alumlothor
and prick it with
the point of a knife
and it will cure
Stones take down
swellings and cure
pains

How

mermaled

How to make ~~meat~~
 of plumes

Take 80 ^{lb} of plume
 Make a ^{lb} of sugar
 and a Spone full of
 Two of Stone and
 your plumes then
 Let ym one the fire
 And let ~~ym~~ boyle
 Till the be tender and
 Clear then put in to
 your glasses scim ym
 every clane ~~part~~
~~only as you can~~

Yalla hole
 how to preserve plums
 Seize your plumes^{es}
 Then take too p^d of
 plumes halfe a p^d of
 suger then put to
 your suger and
 plumes too or three
 Spone full of water
 Then put your plumes
 over a pretty good fire
 Then let them boyle
 til the be tender and
 clear, then put^m in to
 your glasse as clear
 from ^{the} gelly, as you
 can, let your gelly
 stan til ~~it~~ be
 cold then put the
 gelly over ~~the~~ the
 plumes

The End

How to Drye plumes

Stone your plumes
and then take to a
pd of plumes halfe a
pd of suger Dissolve it
halfe a pint of water
set your suger and wa^{ter}
ouer ~~the~~^{the} fire and ~~when~~
when it boyles take it
of and skim it then
put in your plumes
and let them boyle
till the be tender then
put them in to a pot
clear from surup then
put surup to the
plumes and let them
stan a day or two
then take them out
and lay them on
Linces let them in a
oven w^{ith} ~~the~~ you

How to dry Apricocks
 Take of the fairest Apricocks that be neither too ripe nor too greene take out the stones and faire them and take for every pound of Apricocke halfe a pound of fine hard Sugar then set them over the fire and let them boyle till the be tender and cleare set them by till the next day take them out and lay them on plaies one by one shift them of ten upon cleare plaies and set them to dry in the sun or in a stowe they must ly in y^e siron 3 days & turn them 2 or 3 times a day in y^e siron

How to make ^{alot} marin
of Quince

How to dry cherries

Take of the fairest cherries
3 pound Stoned to one pound
of fine sugar then boile
them till they looke very
clear so let them remaine
in the liquor till the next
Day then take them out
and lay them on sides
to dry set them in the sun
and keepe them with ~~many~~
turning

How to make clear cakes of
Rasberries

Take your Rasberries and
put them in an earthen
pot and set them in a pan
of water and let them
boyle a good while then take

them of the fire and pour
 them into a Tense and let
 them stand over a fott
 till all the liquor be run
 from the pulps then take
 the liquor and weigh it
 it must be doubled re
 fine sugar and take
 weight for weight and
 put your sugar into a
 over a charcoale fire &
 keepe it stirring till it be
 so hott that you cannot a
 bide your finger in it then
 put in your liquor & stir
 it till all the sugar be
 dissolved and then ~~set them~~
 fill your glasse and set
 them in a stove and when
 the bee candie over the top
 turne them out upon peices

~~how to preserve the~~
of glasse and so keep
them with turning

to dry Currains

Take the farrest cur
rains and for every pound
of currains take halfe a
pound of sugar then stone
them and straine sugar
on them as you doe them
then boile them till the be
clear but not to come of
the stalke then tie 9 or 10
stalks together hang
them on a stick and drop
and so dry them

117

115

122

[Faint, illegible handwriting, likely bleed-through from the reverse side of the page.]

to steen a carpe
 take y^r carpe quick let
 myn blood & salt therre
 scale put in to a stering
 pan put in some claret &
 some strong: grayny alibe
 strong: with the
 next a little spice alibe
 whole mace a inuon there
 one blood so set y^r mon
 Chaw cole fire then steen
 them untill y^e be enough
 garnish y^e with
 for ge redish lay y^e carpe
 in y^e dish & power y^e
 sauce over y^e



acthox

127

134

136

How to make Gally 137
of Rasbarise

Tak three parts of ~~red~~
red rasbarise one part
so white ~~corands~~

And in fase them to
gather then strain ~~at~~

Them too tak to a pint
of Juice three quarters
of lose sugar boile

It too a candy

Then put in your Juice

And boile it ~~untill~~

It Gally then put it
In your glasse



The first part of the
 book is a history of the
 world from the beginning
 to the present time. It
 is written in a simple
 and easy style, and is
 very interesting. The
 second part of the book
 is a history of the
 world from the present
 time to the future. It
 is written in a simple
 and easy style, and is
 very interesting. The
 third part of the book
 is a history of the
 world from the future
 to the end of the world.

139
how to make Clear
Cakes of Currands.

Take your currands
And ~~in~~ ^{And} fuse them, then run

Them thorow a harney
Til they be brend

Then ~~weigh~~ ^{weigh} together the ~~juice~~ ^{juice}

Take to a pint of Juice

A pound of Rose sugar
Boil your sugar
First to a candy light

Then put in your Juice
And stir it all the ^{while}

But let it not boyle
And as soon as it be
gin to skim then

Take it off and put it
In ~~your~~ ^{your} glasses

Pages of the volume

Take your own

the first of the

the first of the

the first of the

the first of the

the first of the

the first of the

the first of the

the first of the

the first of the

the first of the

the first of the

the first of the

the first of the

the first of the

141

Ms. Codex 627

142

Her Book

Abella Porro

1082

1082

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scuola

